AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application. Please cancel claims 2 and 7 without prejudice and amend claims 1 and 6 as follows:

LISTING OF CLAIMS:

- 1. (Currently Amended) A head arm assembly comprising:
 - a head slider having at least one head element;
- a high-stiffness arm member for supporting said head slider at one end section, said arm member generating no load;

a flexure with one end section fixed to one end section of said arm member, said flexure being fixed to said head slider and having a resilience for determining flying attitude of said head slider;

an actuator, mounted to the other end section of said arm member, for rotationally moving said arm member in a direction substantially parallel with a recording medium surface around a horizontal rotation axis of said arm member; and

a resilient plate spring for generating a load, said plate spring having one end section fixed to said arm member and the other end section provided with a load point that is not fixed to but abutted to said flexure for energizing said head slider in a direction to the recording medium surface.

2. (Cancelled).

- 3. (Original) The head arm assembly as claimed in claim 2, wherein said one end section of said plate spring is fixed to a first surface of said arm member, a second surface of the arm member facing the recording medium surface, and wherein said one end section of said flexure is fixed to said second surface of said arm member.
- 4. (Original) The head arm assembly as claimed in claim 1, wherein said horizontal rotation axis is provided at a horizontal bearing section located at a midpoint of said arm member, and wherein said horizontal bearing section has means for adjusting a distance between said arm member and said recording medium surface.
- 5. (Original) The head arm assembly as claimed in claim 1, wherein said at least one head element comprises at least one thin-film magnetic head element.
- 6. (Currently Amended) A disk drive apparatus including at least one information recording disk, and at least one head arm assembly that comprises:
 - a head slider having at least one head element;
- a high-stiffness arm member for supporting said head slider at one end section, said arm member generating no load;
- a flexure with one end section fixed to one end section of said arm member, said flexure being fixed to said head slider and having a resilience for determining flying attitude of said head slider;

an actuator, mounted to the other end section of said arm member, for rotationally moving said arm member in a direction substantially parallel with a surface of the information recording disk around a horizontal rotation axis of said arm member; and

a resilient plate spring for generating a load, said plate spring having one end section fixed to said arm member and the other end section provided with a load point that is not fixed to but abutted to said flexure for energizing said head slider in a direction to the surface of the information recording disk.

- 7. (Cancelled).
- 8. (Original) The disk drive apparatus as claimed in claim 7, wherein said one end section of said plate spring is fixed to a first surface of said arm member, a second surface of the arm member facing the recording medium surface, and wherein said one end section of said flexure is fixed to said second surface of said arm member.
- 9. (Original) The disk drive apparatus as claimed in claim 6, wherein said horizontal rotation axis is provided at a horizontal bearing section located at a midpoint of said arm member, and wherein said horizontal bearing section has means for adjusting a distance between said arm member and the surface of said information recording disk.

- 10. (Original) The disk drive apparatus as claimed in claim 6, wherein said at least one head element comprises at least one thin-film magnetic head element.
- 11. (Previously Presented) The head arm assembly as claimed in claim 1, wherein said resilient plate spring has a dimple ball fixed to a top end section thereof.
- 12. (Previously Presented) The head arm assembly as claimed in claim 2, wherein said resilient plate spring has a dimple ball fixed to a top end section thereof.
- 13. (Previously Presented) The head arm assembly as claimed in claim 12, wherein said dimple ball pushes the head slider through the flexure to apply the load to the head slider.
- 14. (Previously Presented) The disk drive apparatus as claimed in claim 6, wherein said resilient plate spring has a dimple ball fixed to a top end section thereof.
- 15. (Previously Presented) The disk drive apparatus as claimed in claim 7, wherein said resilient plate spring has a dimple ball fixed to a top end section thereof.

16. (Previously Presented) The disk drive apparatus as claimed in claim
15, wherein said dimple ball pushes the head slider through the flexure to apply the load to the head slider.